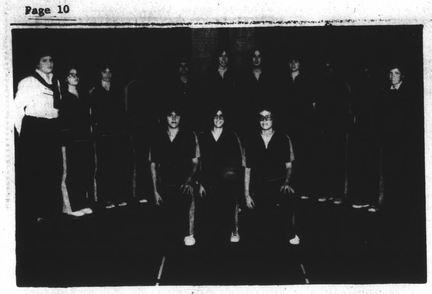

RAIDERETTES '79 - '80

The Appomattox County High School Raiderettes Basketball Team is shown in photo above. Ready for a fast game are, front row, left to right, Tri-Captains-Annette Carter, Johnna Belter and Debbie Smith; and on back row, left to right, Manager, Susan George; Angie Murray, Tami Davis, Karen Johnson, Susan Handy, Janis Richardson, Robin Martin, Rhonda Jaggars, Ruby Smith, Lolita Preston, and Coach Mary Tolley.

Hens 53 Raiderettes 41

The Raiderettes opened their Seminole District basketball season last Tuesday night at home losing to the Gretna Hens by a margin of 53-41.

After falling behind by 19 in the first half (32 - 13) the Appomattox team made a valiant effort to get back in the game during the third period, outscoring Gretna 15 - 6, but they could not keep up the pace as the Hens scored 15 points in the final period to put the game away.

Cheryl Logan and Sherry Parker led the Gretna scoring with 22 and 21 points while Annette Carter was the only Raiderette to hit double figures, Ruby Smith had 9 points for Appomattox.

Gretna	15	17	6	15 - 53
Appomattox	6	7	15	13 - 41

Raiderettes 30
Wm Campbell 28

In a close game all the way, the Raiderettes came out on top in a 30-28 decision with William Campbell last Friday night in the A.C.H.S. gym.

Coach Mary Tolley's troops led by 4 points at the half, 2 points after three periods then pulled away in the last quarter to lead by 7 only to fall back near the end of the game. The Generalettes used a full court press to create Raiderette turnovers and the Appomatox team missed several vital foul shots in the final period.

Appomattox won the game at the free throw line, however since both teams scored 13 field goals.

Susan Handy had 10 markers for the Raiderettes and C. Scott had the same amount for William Campbell.

William Campbell	4	5	8	11 - 28
Appomattox	4	9	6	11 - 30

Liberty 37
Raiderettes 27

The Raiderettes came out cold with only one point in the first quarter as Liberty posted its second win of the young season by beating Appomattox 37-27 Saturday night in Bedford.

The Appomattox girls scored 10 big points in the second quarter to Liberty's 11 by using a full court press to offset the Liberty height advantage.

The Raiderettes were playing without the services of Robin Martin, also Annette Carter who was out with a sprained ankle.

Debbie Smith paced the Raiderette offense with 12 points and Ruby Smith tallied 7. Sheila Padgett scored 10 for Liberty.

The Raiderettes are 1 and 2 in the district. Liberty is 2 and 0.

Appomattox	1	10	4	12 - 27
Liberty	8	11	8	10 - 37

Little League Basketball Notice

There will be a Basketball Clinic at the Appomattox Middle School gym this Wednesday night, December 12, from 7 to 8:30 p.m. for all Little League Basketball players.

The clinic will mainly feature fundamentals on basketball. All coaches should attend this session.

Coaches are needed badly for this program, so if you would like to coach please try to be at this clinic.

The gym will also be open Saturday morning, December 15th, around 9:30 a.m. in order to organize teams. Last week we did not have enough to turn out and sign-up to get teams organized. If you have not signed-up, and wish to, please try and come out at this time.

If you have any questions please call Billy Thompson, 352-7304.

Hawks 57 Raiders 47

The Gretna Hawks came out smoking, hit the first 6 field goal attempts, and went on to defeat the Raiders 57 - 47 in their Seminole District season basketball opener last Tuesday night.

The Raiders managed to stay close during the first half and even took a 24 - 23 lead into the locker room at halftime thanks to Terry Woods basket just before the buzzer.

But the third quarter belonged to Gretna 16 - 2 and the contest was all but over.

Woods and Shane Abernathy led the Raider scoring with 17 and 14 points respectively, John Luck, Larry Davis and Charles Bass scored in double figures for the Hawks.

Abernathy had 12 rebounds for the Raiders.

Gretna	18	5	16	18 - 57
Appomattox	14	10	2	21 - 47

Raiders 51
Wm Campbell 43

Shane Abernathy hit 7 field goals and 3 of 5 free throws and grabbed 16 rebounds in leading the Raiders to a 51 - 43 decision over the Wm Campbell Generals Friday night.

Terry Woods chipped in 13 points and Larry Kelso had 9 as the Raiders gave Coach Jim Crawford his first victory of the season. Emmanul Walker led the Generals scoring with 10 points.

Wm Campbell	10	7	13	13 - 43
Appomattox	10	11	13	17 - 51
Liberty				71
Raiders				56

Charles Mallory scored 27 points to lead the Liberty Minutemen to a 71-56 win over the Raiders Saturday night in Bedford.

Liberty pulled away from the Raiders in the second period with 25 points to lead by 13 at the half then outscored the Raiders 30 - 28 in the second half for a 15 point margin.

Larry Kelso with 19 points became the first Raider to reach that figure this season and Terry Woods with 12 continued to hit in double figures for the third straight game. Shane Abernathy had 12 rebounds and is the team leader in that category.

The Raiders now have 1 win and 2 losses in district play.

Appomattox	11	17	16	12 - 56
Liberty	16	25	12	18 - 71

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Murray Plays On Longwood Volleyball Team

Pamplin native Connie Murray, a former standout at Appomattox High School, was a member of the Longwood College volleyball team this fall, helping the Lady Lancers compile a 16-19 record and capture fourth place in the VAIAW Division III volleyball tournament.

Murray, a sophomore, has played setter for the Lancers for two years. She is also a member of the basketball team at Longwood.

During her high school career, she was an All-District player in softball and most valuable player in softball and volleyball. She also played basketball for Appomattox.

The health, physical education, and recreation major is the daughter of Mr. and Mrs. James T. Murray.

Regain the Simple Joys of Christmas

For friends far away, a newsy letter of the year's activities may be the best gift of all. It's personal, it shows thoughtfulness, and is uniquely from your home to theirs.

We are all too familiar with the songs of Christmas heard on the radio, sung on TV in musicals; sometimes these are repeated to the point that even the best-loved music becomes a cliche. As an antidote, check special musical programs offered by churches. The music is usually inspiring and heart-warming — for example, Bach's Christmas "Oratorio," or Handel's "Messiah." Chamber music societies and choral groups, too, offer programs to stir the mind as well as the soul.

On Christmas Eve come carolers—at least, we hope they do! Perhaps no tradition of Christmas is as memorable as getting together with friends, either singing or listening, to carols on Christmas Eve. Even in the rain, or on a warm Southern California evening, moving through the neighborhood with friends and family, singing carols, gives special pleasure.

On Christmas Eve, after caroling, invite the group to your house for hot cider, wassail and home-baked cakes. Especially traditional are dishes of spice cookies, gingerbread, Dundee cake and shortbread.

Remember when as a child someone took you by the hand on Christmas morning and hustled you off to church?

You would much rather have stayed on the floor hugging that new doll or running that new train, but back in those days, Certain Things Were Important, and They Were Done.

Holiday Hints

Need a Santa's helper? Try products from the pine tree. For example, a giant pine cone can be turned into the world's smallest Christmas tree.

Just mount an 8-12" pine cone on a piece of plastic foam, decorate as you would a tree, but with sequins, and glitter glued on the cone edges.

Top off with a star. On the practical side, use a pine oil cleaner to banish crushed candy cane, spilled food and turkey grease from the holiday scene.

Colors of Christmas

The most popular holiday color in flowers is red, to express joy and laughter.

Greens symbolize everlasting life, and shimmering gold and silver stand for radiance—colors that "bloom" in the spirit of the season.

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* 24	25	26	27		

— CLOSED FOR CHRISTMAS —
* DEC. 24 - CLOSE AT 5:30

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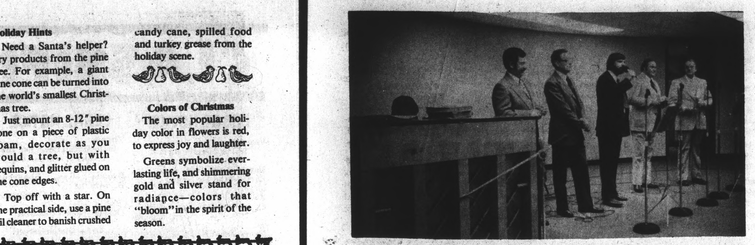

THE SINGING CHRISTIANS from Evergreen Baptist Church are shown as they performed Saturday night at Appomattox County High School when Appomattox County Rescue Squad hosted the District V meeting of the Virginia Association of Volunteer Rescue Squads. All present enjoyed the program of music presented by this group.

Local Presbyterians To Present Christmas Program

On Sunday, December 16th, at 7:00 p.m., the Appomattox Court House Presbyterian Church will present its annual Christmas program.

"The Little Flute Player" by Donna M. Schade is a children's program for Christmas meant to be a worship service for both children and adults.

Flute players will be Carolyn Carnefix, daughter of Mr. and Mrs. Joel Carnefix, and Mrs. Teresa Crawford. The choir will sing under the direction of Mrs. Crawford and will feature solos, duets and arrangements.

UDC Plans Dinner Meeting

The Appomattox Chapter of the United Daughters of the Confederacy will meet on Thursday, December 20th, at 6:30 p.m. at Maudes Restaurant for their annual Christmas dinner meeting.

Guest speaker will be Dr. Roy Moon, local pharmacist.

Members may invite a guest. For reservations, call Mrs. Rachel F. Lawson, 352-7436.

Liberty Youth Singers To Present Christmas Program

The Liberty Youth singers of Liberty Baptist Church directed by Mrs. J. Franklin Vaughan assisted and accompanied by Mrs. Sandra Mitchell will present "An Old Fashioned Christmas", by Don Wrytzen on Sunday evening, Dec. 16 at 7:30. The choir will be accompanied by symphonic orchestration.

Members singing all have solos, duets, trios or narration and they are as follows-Ernie Chenault, Robert Hubbard, Timmy Marshall, Bobby Hart, Regina McCormick, Laura Magann, Patricia Chandler, Kathy Granada, Mike Davis, Kenny Richardson, James Beaty, Rick, Jr. and Anne Caldwell, Joanie Canada, Cindy O'Brien, Rhonda and Kevin Jaggars, Wenda Lee, Gloria Ferguson, Joan, Tim and David Williams, Donna Dickerson, Catherine Ballowe, Leslie and Suzette Ranson, Beth Granada, Pam Sellers, Dana White, Gwyn Dalton, Teresa and Rhonda Weakley, Karen Doss and Connie Tolley.

Area residents are cordially invited to attend.

On Dean's List

Roma M. Ripley of Buckingham and Lisa G. Dickerson of Pamplin were recently named to the fall quarter dean's list at Radford University.

Ms. Ripley, a senior social work major, is the daughter of Floyd G. Ripley of Rt. 159, and Ms. Dickerson, a junior recreation major, is the daughter of E. W. Dickerson of Rt. 2.

A grade point average of at least 3.4 must be obtained before being named to the dean's list.

38 Juniors Taken Into National Honor Society at ACHS

On November 14, 1979, thirty-eight juniors were invited to join the National Honor Society at Appomattox County High School. Each of these students met the rigid standards of scholarship, character, leadership, and service set by the National Honor Society. Congratulations to : Herbert Allen, Duane Blanks, John Caldwell, Keith Dickerson, Randall Franklin, Nugene Harvey, Phillip Jacobs, Ned Jennings, John Jimison, Richard Jones, Carroll Kanipe, Stephen Mayberry, Allen Smith, Dennis Stratton, Timothy Tolley, Ralph Totty, Roger Walton, Howard Williams, Jane Almond, Nancy Beance, Kim Coggins, Karen Covington, Kim Crabtree, Jayne Doss, Stephanie Ferguson, Dana Ford, Bridgett Franklin, Gina George, Tammy Jamerson, Karen Johnson, Debbie Lawson, Kathy Lewis, Michelle Martin, Cindy Simpson, Jean Thomas, Dana White, Joan Williams, Cheryl Walton. A banquet was held to induct the new members on December 3, 1979.

Tisha Wooten Celebrates Birthday

Tisha Wooten celebrated her 7th birthday recently with a party at A. J. Skateworld. Attending and shown in photo were, front row, l to r, Belinda Franklin, Jamise Drinkard, Tisha Wooten, Janet Austin, Dustin Wilhoit; second row, l to r, Tonya Moore, Jennifer Martin, Mary Anna Hale, Sharon Jackson, Jody Kendricks, Everette Pennis, Dean Nash; third row, l to r, Angelia Thompson, Nathan Gregory; 4th row, l to r, Kathy Chambers, Sydni Jackson, Cheryl Wooten, Windy Lawson, Heather Brian, Jody Thompson and Brett Stratton.

Jeff Scruggs Celebrated Birthday

Jeff Scruggs celebrated his birthday recently with a party at A. J. Skateworld. Attending and shown in above photo were, 1st row, left to right, Anne Kerr, and Jeff Scruggs; second row, left to right, Kathy Bryan, Timmy Chandler, John Fedison, Dana Lee, Monica Stratton, Jennifer Schmutz, Cheryl Wooten, and Jeff Motley; and on third row, left to right, Tony Chandler, Bonnie Drinkard, Penny Wooten, Cindy Wooten, Robin LeGrand, and Jennifer Coleman.

Playing Santa without Padding?

Santa Claus just has to be chubby. Millions of children all across the country would be terribly disappointed if he went Ho-Ho-Ho-Ho and his tummy didn't jiggle.

Unfortunately, it's not the same for the rest of us, and Christmas is a tell-tale time for the many people who are overweight. If you are going to play Santa and you find you don't need a pillow for padding, trim down. And even if you need a little padding to fit that red suit,—careful!

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Society News

CALL 352-8215

Mr. and Mrs. Billy Evans of Hyattsville, Maryland were week-end guests of his mother, Mrs. S. J. Evans.

* * *

Mr. and Mrs. Charles Fraley visited relatives in Narrows, Blacksburg and Wytheville over the week-end.

* * *

Miss Judy Evans of Union, New Jersey is spending a few days this week with her grandmother, Mrs. S. J. Evans, and other relatives in Pamplin.

* * *

Mrs. Lorene Brightwell has returned home from the hospital.

* * *

Mr. and Mrs. Paul H. Bugg visited in Richmond last week. They also visited in Blackstone and Crewe, Va. on Monday.

CRANBERRY BREAD

2 eggs, well beaten
1 1/4 cups milk
2 tablespoons butter, melted
3 cups unbleached flour
1/2 cup brown sugar
1 teaspoon salt
4 teaspoons baking powder
1 1/4 cups fresh cranberries
1/2 cup walnuts, chopped
2 teaspoons vanilla

Mix the eggs with the milk and butter. Stir the flour, 1/4 cup of brown sugar, salt and baking powder. Add the egg mixture to the sifted mixture and blend. Chop the cranberries and add the remaining 1/4 cup of brown sugar to them. Fold the cranberries, walnuts and vanilla into batter. Pour into greased loaf pan and bake at 350° F. for one hour. The bread is done when a toothpick is inserted and comes out clean.

Santa Says:

Wicker baskets, trays, and apothecary jars all lend themselves to imaginative and gay displays of homebaked goodies.

Gift Ideas

Framed needlepoint samplers, shell or button collections, photographs of family members or special events are also favorite gifts.

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Cancer Victims Find New Hope In Quality of Life Programs

The lives of thousands of cancer victims are now being saved each year-thousands of men, women and children.

The quality of their renewed lives is a main concern of literally millions of volunteers from public and private agencies.

For example, life can be made simpler for women who lose breasts-unfortunately some 50,000 to 60,000 a year still do-with prosthetic devices and counselling from women who have been through the same tragedy, in Reach to Recovery programs. Other thousands need, and now get, sound advice and reassurance when they have colostomies or lose their voices. Young adults need counsel, and so do their families, when Hodgkin's disease occurs.

By the thousands, cancer patients go back home, back to jobs, back to living in their home towns. Various groups help, advising how to care for patients at home, educating employers that the cured cancer patient can be a productive and deserving of bigger jobs as anyone else... shooting down the totally unfounded fear that cancer is somehow contagious, that the cured cancer patient should be shunned on the job or in the community.

The support of training and other programs by the American Cancer Society, the National Cancer Institute and other groups, has created the whole world of better care of cancer patients, says Dr. Arthur I. Holleb.

Impressive Progress

As measures of progress, he points to changes in his own medical lifetime in the past 35 years. The list of innovations is impressive:

Knowledge of and action against dangers of cigarette smoking...awareness of the roles of dietary factors and some industrial chemicals such as asbestos...cancers induced by radiation...by DES and alcohol...heritable cancers...the Pap Smear and a 60 per cent reduction in deaths from cervical cancer.

Gains in detection and diagnosis including automated cytology and flexible fiberoptic scopes...screening programs and self-help programs such as breast examination...new knowledge of risk factors...greater motivation of the public toward earlier diagnosis and treatment...progress in treatments, including combinations of drugs and supervoltage radiation...simpler surgical procedures...more reconstructive surgery...keen attention to human values in cancer and psychosocial aspects of the disease.

"Nothing in the biochemical history of any nation has been more complex, visible, and emotional than cancer," says Dr. Frank J. Rauscher, Jr.

We are not confronted with one disease such as paralytic polio which at its worst struck about six out of 100,000 people-yet our attack on one cancer alone, Hodgkin's disease, has been as successful as that in the control of polio.

"Really, there should be as great public rejoicing as there was in control of polio, German measles and other diseases. Maybe it is because people do not know or understand what has happened.

"There's been solid progress, yes, but of course we have a long way to go, calling for faith, patience and public support."

Steady Advances

Projecting the future, Dr. Rauscher and others see serious needs being met-such as identifying more clearly the people at high risk of cancers from heredity or environment... earlier detection and treatment...more and better drugs... greater knowledge of environmental hazards and their control.

"Breakthrough" is a badly abused work in medicine. Instead of startling single steps, progress in cancer comes through "a broad advance on an entire front," says Dr. James P. Holland. For the future, "steady accelerating advance and increasing cures of more kinds of cancer appear likely, with an increasing appreciation by society that cancer research is indeed progressing towards what society wants: prevention of cancer; failing that, cure of cancer in increasingly higher percentages; and failing that, improvement in the treatments available which extend life of high quality and which decrease suffering."

The fact that the prognosis on some forms of once-fatal cancers has been turned around is a portent of what lies ahead.

"Science is moving fast enough now that we can be surprised at any time," says Dr. Lewis Thomas of Memorial Sloan-Kettering Cancer Center. "Whatever we are afterin understanding cancers), it is going to surprise us all. I haven't a ghost of an idea when. It could be next week or the end of the century. I'm a lot more optimistic than I was a few years back, due to the pace of new knowledge. It's clear we must make a long-term commitment if society wants to get rid of cancer. We must have high grade science."

Eastern Star To Meet December 17

The regular monthly meeting of the Order of Eastern Star will be held Monday, December 17, 1979 in the Chapter Room at 8:00 p.m.

All members are urged to attend this meeting.

A Christmas party will be held immediately after the business is concluded.

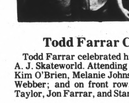
Virginia T. Ferguson
Secretary

Susan Hart Celebrates Birthday

Susan Hart celebrated her 9th birthday recently with a party at A. J. Skateworld. Attending were, first row, left to right, Mike Whitmer, Cindy Seamster, Kerri McFadden, Cheryl Johnson and Kevin Sheffield; second row, left to right, Donna Dickerson, Ricky Dickerson, Van Burke, Susan Hart, Cathy Johnson, Lori McFadden and Angie Whitmer; and on back row is Bobby Hart.

Todd Farrar Celebrates Birthday

Todd Farrar celebrated his birthday recently with a party at A. J. Skateworld. Attending were, back row, l to r, Greg Taylor, Kim O'Brien, Melanie Johnson, Brandon Robertson and Wayne Webber; and on front row, Monica O'Brien, "Todd", Karyn Taylor, Jon Farrar, and Stan Creasy.



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Nineteen hundred and seventy-nine
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at the home of
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Please Omit Gifts

WE'RE CELEBRATING OUR 1st Anniversary
SATURDAY, DEC. 15
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